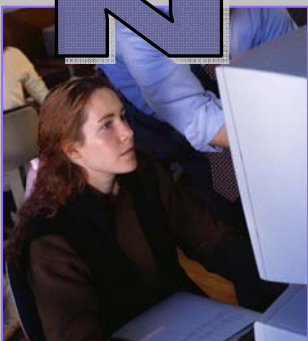




JOB

SATISFACTION



Whether your job is simply a job, a career, or a calling, positively changing your perspective on your current position can help boost your overall job satisfaction and help increase meaning in your daily tasks.

Set new challenges

- Improve your job skills by practicing towards a skill you would like to attain (i.e. organization skill, presentation skill, writing skill)
- Start working on a project. Start by organizing a small project, then build your confidence towards a larger event or project.
- Break out of the routine, and mentor a co-worker or intern.

Battle boredom

- Break up the monotony on your breaks. Go for a walk, write a letter, or listen to music.
 - Volunteer for something different. Add a new task or committee to your agenda.
- Ask for a new challenge. If you are comfortable doing so, tell your supervisor you are a little bored and would like a new challenge or project.

Stay positive

- Stop negative thoughts.
- Learn from your mistakes, and apply new knowledge towards future projects.
- Put things in perspective. Remember that everyone has good and bad days at work.
- Be grateful. Pick one thing every day that you are thankful for.